

The Fine Print.....

Note: **Rooms will be assigned on a first come, first serve basis** determined by receipt of full payment from all persons sharing the room. Some rooms have private baths, but go quickly. There are 10 baths available for 14 rooms.

Early check in: Please inform the innkeeper if you plan to arrive before 2 PM on May 14 by calling 216-970-4552. Check out on Sunday is also flexible with advanced notice

Meals include Friday snack, 2 hearty breakfasts, Saturday lunch and Saturday dinner. An optional afternoon tea with soup is available late Friday afternoon for \$12. Please note if you have special dietary needs.

Cancellation Policy: **Full refund if cancelled before April 1, 2010.** After this date a refund will be issued ONLY if the room is re-sold.

Bring: Your journal or notebook, pen, yoga mat, pillow, walking shoes

REGISTRATION DEADLINE: May 7, 2010

Our location is **Idlewyld Bed and Breakfast** – the grand 19th century home of Innkeepers Joan and Dan Barris, filled with friendly atmosphere and timeless charm. There will be plenty of time to watch the world go by in a **comfy rocker** on the wrap-around porch. Located in the central shopping district. You can walk to Lake Erie in less than 2 minutes!

Check out www.idlewyldBB.com



2010 Women's Retreat at Lakeside on Lake Erie



“YOU - The Energized Woman”

May 14-16, 2010

Idlewyld Bed & Breakfast

236 Walnut Ave.

Lakeside, Ohio

(on Lake Erie near the Marblehead Peninsula)

Details and Online Registration at

www.theIndigoConnection.com

440-238-4731



YOU – The Energized Woman

May 14-16, 2010

The vision: to open up unlimited possibilities for each woman to know and experience the variables that balance and build her energy and spirit.

This retreat is about making time for YOU to **EXPERIENCE, KNOW and SHARE the energy that allows you to THRIVE**. Pause a few days to absorb your own definition of positive transformation and allow other like-minded friends to help you **see the new ways that miracles are happening** in our midst. Restore your love of life and your commitment to finding **and nurturing your precious spirit**. Return home with a greater sense of your own light and **ways to keep it burning even stronger**.

Whether you come alone or with a group of dear friends, you will connect with extraordinary women who value **consciousness, health, success and personal evolution**.

Bonus – ARRIVE EARLY on Friday and enjoy a carefree day at the lake. Karen invites you to stop by **Mulberry Creek Herb Farm in Huron** - bring a container and she'll have potting soil to make an **Organic Container Garden** (pay that day for the plants you choose). Early arrivals can register for the **optional 4:00 PM afternoon tea and soup gathering at Idlewyld B&B**. **Friday dinner is on your own**. Retreat officially begins at 7PM.

Friday May 14

- 7PM **Welcome & Opening Ceremony**
"What Do I Need and What Can I Give?" w/ Betsy Muller
- 8PM **Healing Aromatherapy 101 with Essential Oils**
Create Your Own Healing Room Spray!
Jeannette Hummel, MA, CCC-SLP, RYT-500

Saturday May 15

- 7:00 AM Optional morning stretch and walk – Meet on Porch
- 7:30 Breakfast is served – Idlewyld B&B
- 8:30 Morning Circle – Green Room, Fountain Inn
- 8:50 **Catching the Divine Download** – Activity
Facilitated by Betsy Muller
- 10:30 **Yoga and Shiatsu for Women's Life Cycles** – Green Room
Yoga Nidra – Deep Relaxation
Harriet "Bhumi" Russell, MA, E-RYT-500+, Yoga Therapist
- 12:15 Lunch Break (pick up box lunches at B&B)

FREE TIME Nap, Play, Explore or have a healing session

- 1:30 **Chocolate Gardening** – FREE at Mulberry Creek Organic Herb Farm, Huron (allow 20 minutes for drive)
- 2-5 PM **Private Healing Sessions Available** by appt.
- 6:00 **Dinner and Clean-up**
- 7:00 **The Mystical Maui Passage** –presentation about The Peaceful Woman Retreat in Maui - Green Room
- 7:30 **Reclaim Your Power! Drumming Journey to Meet Your Power Animal**
Deirdre Garvey, Shamanic Practitioner and Energy Healer
- 9:30 **Wine tasting 101** with Laurie Paletta – Idlewyld B&B
Taste a variety of wines paired with the perfect snack

Sunday May 16

- 7:30AM Morning Stretch/Walk – Meet on the porch
- 8:00-8:50 Breakfast at your leisure - Idlewyld B&B
- 9:00 Morning Circle
- 9:15 **Time to Nurture U!** – Green Room
Mary Ellen Ott, BA, MEd, Certified Hypnotherapist
- 11 AM **Closing Circle** – Reflecting on Our Experiences

Noon: *Retreat Concludes. Feedback forms. Feel free to plan a late check out. Save the date for our retreat reunion next year!*

Registration Form

Name _____ Phone: _____

Address: _____ Zip: _____

Indigo Connection Member? Y/N E-mail for confirmation: _____

Please check desired selections - your reservation will be confirmed by e-mail

Retreat fee ONLY – Incl. workshops, meals, snacks, drinks and activities
FEE Only- no room _____ \$199

Retreat + B&B Room (2 nights at Idlewyld B&B, plus all meals & activities per above)

3 sharing room _____ \$325
Double room _____ \$365
Private room _____ \$395

Optional Friday May 14 @ 4:00 PM ADD ONS

Welcome TEA -appetizer, fruit, salad, soup and dessert ___Add \$12

Early Birds SAVE! When you pay in FULL by April 1
Take \$20 OFF Total (good only for B&B quests)
Indigo Connection Members – Take another \$20 off any rate

Retreat Fee \$ _____ + Friday Option \$ _____ - Deposits/Discounts \$ _____ = Total\$
(good til 4/1)

Method of Payment(circle one): cash/check Total Enclosed: \$ _____
If you would like to pay by credit card, please call 440-238-4731

Please list names of roommates, if applicable

Any dietary restrictions you want us to be aware of?

Rooms will be assigned on a first come, first serve basis. Full payment must be received by ALL parties sharing the room to finalize the reservation. **\$50 deposit will reserve room. Balance due April 1, 2010 No Reservations after May 7**

2010 Retreat Presenters and Topics:

Betsy Muller, MBA, CEC, CEHP, EFT Cert. - Host and Lead Facilitator

Betsy is the founder of The Indigo Connection LLC. She is a holistic life and business coach, speaker and writer integrating energy, healing, nature and spiritual guidance into all facets of her work. 2010 Marks her 4th Lakeside Women's Retreat.
May 14 Opening Ceremony/ What Do I Need? What Can I Give?
May 15 Catching the Divine Download AM / Mystical Maui PM
May 16 Closing Circle - Reflections, Consciousness and Memories

Jeannette Hummell M.A. CCC-SLP, RYT-500

Jeannette is a Speech-Language Pathologist/Advanced Yoga Instructor with a 6 year background in aromatherapy. She utilizes aromatherapy in Yoga, Speech and Reiki therapies, combine intuitive abilities and scientific research to determine what oils people need to balance their lives or aide with specific problems. Her company, Scents for Life, designed a variety of aromatherapy sprays to combat depression, immunity disorders, fight fatigue, and more.

May 14 - Aromatherapy 101 and Make a Personalized Room Spray

Jeannette will share the basics of using aromatherapy and essential oils to aide in balancing our personal and professional lives. Participants will receive descriptive details about specific oils, their use, application, and how to pick oils that are right for your personal needs. Each participant will blend their own special combination of scents to create a perfect healing room spray to take home.

Harriet "Bhumi" Russell, MA, E-RYT-500+

Bhumi is Director and Senior Teacher Trainer for Bhumi's Yoga and Wellness Center. Her expertise is vast and impressive, including Director of Yoga Teacher Training at Kripalu Center for Yoga and Health, Co-Director of Bodywork Massage Trainings, Certified Holistic Health Educator, Certified Yoga Teacher. She founded the 1st Yoga Teacher Training in the Midwest, she's a Trained Yoga Therapist, Certified Massotherapist Bodyworker, Trained in Shiatsu Massage, Polarity Energy and Chakra Balancing, CranioSacral Energy and Certified Amrit Yoga Nidra Teacher. She has studied Macrobiotics, Homeopathy, Ayurveda, Herbalogy, and Oriental Diagnosis. She earned a B.S. from Boston University, M.S. from Sophia University, Tokyo

May 15: Yoga & Shiatsu for Women's Life Cycles - Get rid of energy drains and create energy gains. Come away feeling light, hopeful, centered, internally stronger and more connected to each other, your highest and best self and the universe at large. Bhumi will raise our awareness about our feminine cycles and empower us to heal through movement and shiatsu techniques. We will finish our session with an outstanding **Yoga Nidra Relaxation** Session that will be sure to delight. This specialized relaxation is beyond anything you've experienced before.

Deirdre Garvey

Shamanic Practitioner, trained through The Foundation for Shamanic Studies, as well as other indigenous healers (Juan Nunez del Prado/Andean Priest, Mandaza Kandembwe/Shona Healer from Zimbabwe, Kahuna Harry Jim Uhane/Hawaiian Kahuna, Himayat Inayat/Sufi-Raphaelite Work). Deirdre is also a Certified Advanced Energy Healing Practitioner, has completed Soul Detective, Level I training with Barbara Stone, PhD and is a Reiki Master.

May 15: Reclaim Your Power – Drumming Journey to Meet Your Power Animal

If you loved Avatar, you'll love this! *The presentation will include a basic teaching of the techniques of the shamanic journey, as well as an overview of how one's connection with one's power animal can assist us in our life's journey. Symptoms of 'loss of power' will be discussed, as perceived in the native/indigenous way. Deirdre will then lead a 15-20 minute shamanic journey to the beat of the drum, for the purpose of meeting and retrieving one's personal power animal. This is followed by time for journaling, after which the 'talking stick' is passed (a native tradition), giving each participant an opportunity to share highlights of their experience. In closing the circle, participants will be given guidance as to how to integrate this experience into their daily lives.*

Mary Ellen Off Med, RCC, CHI

Mary Ellen is a Registered Corporate Coach/Life Coach and Certified Hypnotherapist. Her credentials include a B. A. in Sociology, John Carroll University; M.Ed., Ashland University; Registered Corporate Coach, Worldwide Association of Business Coaches; Certified Hypnotherapist, International Medical and Dental Hypnotherapy Association; presently a student in Yoga teacher training

May 16 Topic: Time to Nurture U! Feeling fatigued, exhausted, or even burned out? If so, come learn about and experience healthy self-nurturance as the key to wellness, balance, and living a life of joy and fulfillment! This workshop includes guided relaxation, reflection, and rejuvenation. Walk away from this program with a powerful intention and commitment to take better care of YOU! The session will close with a powerful rejuvenation session that empowers each woman to carry out their commitment to themselves.

Amy Schottenstein – Retreat Caterer

Amy hails from the Columbus area and spends each summer with her family here in Lakeside as owner of Summer Stock Food and Flowers with her husband Larry. Open daily - Memorial Weekend through Labor Day Weekend for breakfast, lunch & dinner, Amy's summer is busy while everyone else gets a vacation! Well known for her fresh, healthy sandwiches, baked goods, salads and entrees, Amy will be preparing our delicious lunches and dinners on Saturday.

Private Healing Sessions Available by Appointment:

Betsy Muller (2 PM – 5PM Saturday or by appt.)

Past Life Regression, EFT clearing and energy integration 30 min-\$50, \$95/hour

Harriet "Bhumi" Russell (2 PM – 5PM Saturday or by appt.)

Shiatsu acupressure massage - \$50 for 30 mins, \$90 for 1 hour.

Yoga Therapy –\$50 for 30 mins, \$90 for 1 hour

Lifestyle coaching –\$50 for 30 mins, \$90 for 1 hour

Deirdre Garvey (2 PM - 5 PM Saturday or by appt.)

Shamanic Healing/Chakra Balancing/Reiki 30 min-\$45 \$85/hour

(cash or check only)

Jan Lewis, LMT (Sat. 2-5pm & "earlybird" Sat. & Sun. 7am)

Relaxation or therapeutic massage - 30-min. \$25, 60-minutes \$40

Chair massage - \$1/minute